



A FRO Beyondist Civilization



2A/3P = African Assertiveness / Provoking Positive Perceptions = BEYONDISM

WHAT IS 2A/3P SELF-ACTUALIZATION MODEL?

SIMPLY:
Involve, **E**volve and **R**evolve

An **IDEAL** upon which African **IMPROVEMENT** should **INVOLVE**
 A **DIRECTION** in which African **EMANICIPATION** should **EVOLVE**
 The **AXIS** about which African **REDEMPTION** should **REVOLVE**

Which are the precise parameters of BEYONDISM?

Non-sectarian and non-political, **BEYONDISM** is basically a MODE of VALUATION which implies amassing that 'little extra' - to bring forth the 'reserve energy'. **BEYONDISM** is simply aspiring to be at the cutting edge of knowledge (either personal, social or scientific, or ALL). It is seeking to grow in POTENTIAL and 'developing some more'. It is to obey a voice within you which whispers: What next? And to hasten with an unlimited resolve. It is to ULTIMATELY UPGRADE your awareness on Human Nature and Human Situation. These periods may justly use plus ultra - more BEYOND - where the ancients used non plus ultra. It is an age of achievement, hope and vigour; of new beginnings and enterprises in every field; an era that waits for a voice, some synthesising souls to sum up its spirit and resolve. It is YOU and I, as one of the most powerful minds of modern TIMES, who will ring the bell that shall call the wits together, and announce that Africa has come of age. The key is: Moving BEYOND vulgar valuations and petty perceptions, to becoming an Assertive African who has Provoked Positive Perceptions (a Blessed Beyondist).

WILL triggers your DDDD

"It is not by spectacular achievements that man can be transformed, but by will", so affirmed Norwegian playwright Henrik Ibsen (1828 - 1906). WILL is a natural growth of autonomy, independence and self-determination; an unbroken resolve to exercise freedom of choice and of self-restraint. WILL is the master motivation and the mother of commitment. The greatest tragedy in LIFE is not DEATH but a LIFE without WILL. Listen to Roman poet Sextus Propertius (50? BC - 15? BC): "Even if strength fails, boldness at least will deserve praise: in great endeavors even to have had the will is enough."

WILL-TO-RELATE

WILL-TO-RELATE is one of the SEVEN autonomous packages (Will-to-Become, Will-to-Live, Will-to-Strength, Will-to-Parenthood, Will-to-Health and Will-to-Lead), inclusive of Will-to-LOVE and Will-to-SELFHOOD which compose this software/program going by the name **2A/3P SELF-ACTUALIZATION Model**. This particular package dwells on the teenage rebellion, peer pressure and sexuality. As a teenager you will be aroused on social implications and psychological imperatives of your generation. You will be made aware of the stage you are in regard to your adolescence and specific characteristics thereof. After being informed on thinking patterns which you may engage in as result of newly acquired mental abilities, you will be taken through a personal pilgrimage of understanding intrinsic motivations which drives you. Further you will be enlightened on personal and societal forces (negative and positive) which may serve to determine your future. All factors which affect your relationship with the society, your parents, teachers and the fellow peers are discussed in great depth.

THOU SHALL LIVE CONTENTEDLY IN THIS WORLD TEENAGE REBELLION, PEER PRESSURE AND SEXUALITY DEVELOPING SELF-CONTROL and EMPATHY as a TIMEly THERAPY

TRUE to the 'language' of counselling, what you are about to **FILL** are not **QUESTIONS** where you expect **ANSWERS**.
HAVE it: They are palatable **PROMPTINGS** from which individual **RESPONSES** will be **EVOKED** from **DEEP** within you.
ESSENTIALLY, following the 'spirit' of professional psychotherapy, your **DATA** will be treated with utmost **CONFIDENTIALITY**.
RESPONDING honestly to the **21** **PROMPTINGS** below, kindles your inner **VOICE** to start being clearly audible.
AS your subtle **PSYCHIC** music keeps on playing out, you will automatically generate your unique **RELATING CODE**.
PURPOSIVELY, this shall be your **municificent manuSCRIPT** and a **substantial SCRIPTure**, as you dance to the beat of your **DIVINITY**.
YOUR **R**e-CODE will ultimately be **configured** and **customised**, as well as **personalised** and **packaged**, in the form of:

A BOOK written for YOU by YOU

Vivendo Vincamus
(Latin: "By Living Let Us Win")

FULL NAME: _____

NICK NAME: _____

DATE of BIRTH: Day.....Month.....Year.....

COUNTRY: _____

School Name: _____

School Location: _____

Class Status: _____

1. Behaving ELEGANTLY/NOBLY like a ROYALTY: Male Female

2. A CHALLENGE you may be facing in your FAMILY: (One choice)

- a. My parent(s) restrict me to engage in activities done by my peers.
- b. My family is characterised by constant squabbles and quarrels.
- c. Little pleases me; I always find fault in how my parent(s) treats me.
- d. So much rivalry (sometimes violence) with my brother(s)/sister(s).
- e. My parents have divorced/separated, and I live with one of them.
- f. I have a highly emotional mother, and my father is totally detached.

3. A CHALLENGE you may be encountering in SCHOOL: (One choice)

- a. Not comfortable with transition from primary to high school.
- b. Overburdened by demand from new academic responsibilities.
- c. Feel disgusted for not going to the school of my earlier choice.
- d. Having difficulties in achieving the required academic scores.
- e. Poor interaction within the school because of big population.
- f. Conflict of school values with my immediate societal values.

4. A FEELING which occupy you most of the times: (One choice)

- a. Feel as if everybody is looking at me and spend most time on the mirror.
- b. Feel that many misfortunes can only happen to others but never to me.
- c. Feel that I can generate infinite ideas and solutions to many problems.
- d. Feel that I should not abide by rules, which I feel others should abide to.
- e. Have many views on how things should be or how the world should be.
- f. Convinced that most people should do, feel, desire or think like me.

5. Your sometimes NEGATIVE view of your BODY: (One choice)

- a. Body so big for my age.
- b. Body so small for my age.

6. An ACT unintentionally HURTING your parent(s): (One choice)

- a. Proudly asserting my individuality and independence different from what he or she want.
- b. Depending on self-definition and conduct on doing the opposite of what he or she want.

7. Your MOTIVE which conflicts with your parent(s): (One choice)

- a. Doing what I want without being questioned.
- b. Trying to see what I can get away with or not.

- c. Showing my parents the risk I pose to them.
- d. Acting out to test what could happen to me.
- e. Criticising the actual as less than the possible.

8. A STRIVING your parent(s) does not understand: (One choice)

- a. Trying to figure out who I am and why I am living.
- b. Trying to join a group to have a sense of belonging.
- c. Trying to be noticed for my actions and what I do.
- d. Trying to be in control and make personal decisions.
- e. Trying to be free and independent in my thinking.

9. A sign of TROUBLESOME behaviour you do exhibit: (One choice)

- a. Fighting, biting, kicking, lying to and sometimes hurting others.
- b. Constantly giving my things to people to purchase friendship.
- c. Complaining a lot, fear of strangers or crying to create a scene.
- d. Critical, judgmental, putting others down by calling them names.
- e. Hesitate to make minor decisions and fear trying new things.
- f. Not initiating contacts or participating in activities of others.
- g. Habits of nail-biting, thumb-sucking, stuttering or bed-wetting.
- h. Hatred of animals and even violence to them (kicking or stoning).

10. A kind of a LIE you have told or feel disposed to: (One choice)

- a. Complaining of pain or refusing to eat in order to elicit sympathy.
- b. Changing what happened to what I imagine should have happened.
- c. Changing the version of a happening to protect a friend in trouble.
- d. Exaggerating what I have or know in order to look equal to others.
- e. Crafting a convincing story to escape embarrassment or danger.
- f. Compelled to say what is expected regardless of whether it is true or not.
- g. Feel pleasure upon witnessing others pain, or being cruel, guiltlessly.

11. What you do consider as 'COOL BEHAVIOUR': (One choice)

- a. Dressing in trendy and flashy styles, associate with peers who are considered influential.
- b. Not so much concerned with styles, associate with peers not considered very influential.

12. Indicate the RELATIONSHIP amongst your PEERS: (One choice)

- a. Support each other as well as encourage constructive actions.
- b. Participating in actions which are neither hurtful nor beneficial.
- c. Doing some things which may put me in danger or hurt others.

13. Describe your ATTITUDE toward your PEER Group: (One choice)

- a. Worry that if I do not go along with my friends I will be less popular.
- b. Feel that I am not in the popular group, but I am yearning to join it.
- c. My group is dominated by one strong personality who says everything.
- d. I do not belong to any popular group, but I have my own small clique.

14. Which of the following statement REFLECTS you? (One choice)

- a. My parent(s) gave birth to me when they were still adolescents.
- b. I feel emotional uplifting when other adults treat me as a child.
- c. I feel that I am immune to various risks facing other teenagers.
- d. I feel that I should get a child at this age who will take care of me.
- e. Getting a child at my age is an indication of attainment of manhood.
- f. I should be taken care of by an all-powerful care-giver/government.

15. A MENTAL state which may adversely affect you: (One choice)

- a. Inability to understand my environment and plan for the future.
- b. I was a victim of sexual abuse when I was a very young child.
- c. I am a victim of substance abuse (Miraa, Cigarettes or Bhang).
- d. In my neighbourhood, there are various teenagers with kids.
- e. I believe that the opportunities in my society are very limited.
- f. I do not anticipate any fear or shame in being pregnant at my age.

16. Parental relation in regard to your SEXUALITY: (One choice)

- a. There is no involvement or advice from my parent(s).
- b. My parent(s) lack courage or fear to discuss anything.
- c. My parent(s) pressurize me to assume many adult roles.
- d. My parent(s) seem helpless who need to be saved by me.

17. An influence upon your SEXUAL INCLINATIONS: (One choice)

- a. I am very much bored mostly when not in school.
- b. I like emulating the behaviour of the TV models.
- c. Some of my friends are or have been involved in sex.
- d. I support legitimization of 'out-of wedlock' pregnancy.
- e. The goals of intimacy and status should be fulfilled by sex.
- f. I am not aware of any negative consequence of teen-sex.

18. Journey to EXPLORE and COMMIT to adult values: (One choice)

- a. Neither exploring nor committed to any adult role or value in my society.
- b. Already committed to certain roles and values which I did not choose by will.
- c. Exploring but not committed; actively trying out the many options available.
- d. Have explored different alternatives, and made my choices and commitments.

19. Most hard-to-forget ADVISE received from adults: (One choice)

- a. Self-discipline is the hardest skill you can ever master.
- b. If you do not follow my instructions, you will be doomed.
- c. This or that time period is the best year of your LIFE.
- d. You are too dumb and will not accomplish much in LIFE.
- d. You can really achieve 'anything' you set your mind to.

20. A mode CONCLUDING you may need to counteract: (One choice)

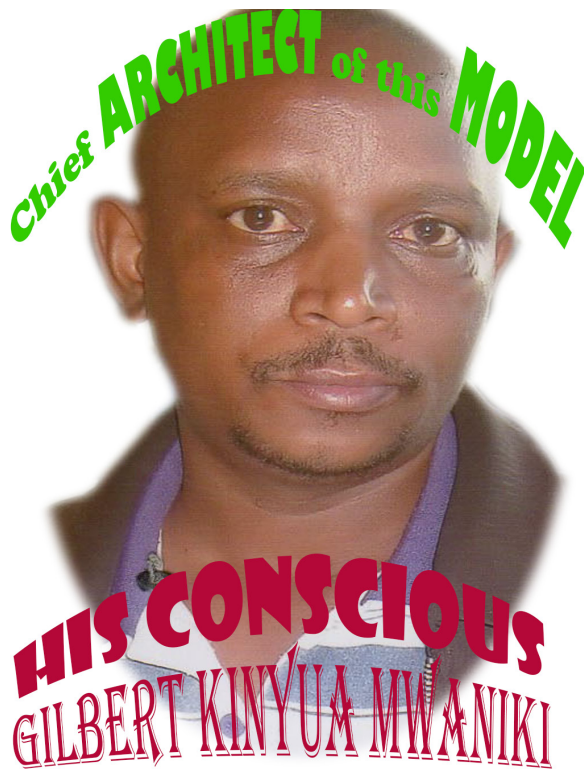
- a. I must get what I want now, or if not so I am a loser and a total failure.
- b. If this bad thing is happening now, it will occur over and over again.
- c. This negative experience occupies my mind overshadowing all positives.
- d. This experience, although they call it positive, does not count at all to me.
- e. This situation is totally bad, and to me, no other viewpoint is possible.
- f. They say I did that task well, but in my view I feel it should be dismissed.

21. What ENGROSSES you during school holidays: (One choice)

- a. Do things only to realise later, I made a mistake.
- b. Always conflicting with my parents over minor things.
- c. Deeply like moving with the current trends in fashion.
- d. Feel angered most of the time by my friends and parent(s).
- e. Speak less or feel unable to make request to my parent(s).
- f. Avoid being alone and most of times in company of friends.
- g. Get thrill in engaging in activities others deem as risky.
- h. Often stay up too late at night, then sleep until noon.

SEVEN BEYONDISM BASICS

- #1. TIMELY TRANSFORMATIVE THERAPY (TRIPLE T'S)**
- #2. KNOW THYSELF: An unexamined LIFE is not worth LIVING**
- #3. LOCATING your BEARING in order to ACTUALISE your POTENTIAL**
- #4. BEYOND Being 'Botched and Bungled' to Becoming a Bastion of BLESSEDNESS (7B's)**
- #5. LASER focus on issues and FINGERTIP feel for situations**
- #6. The CATALYST for an AFRICAN RENAISSANCE**
- #7. Concise, Comprehensive, Creative, Coherent, Compatible, Compelling & Curative. (7C's)**



2A/3P SELF-ACTUALIZATION Model, which soulfully stands at the core center of BEYONDISM, deals basically with what it says it does (validity) and produces the same results when given same data more than once (reliability). This MODEL is ferociously fueled by 7P's (Psychology, Philosophy, Poetry, Prose, Programming, Post-Modernism, and Pan-Africanism). This MODEL is precisely for SELF-REALIZATION and SELF-ACTUALIZATION purposes only, and is not in ANY WAY intended to be a substitute for the traditional face to face counselling or psychotherapy with a trained (and certified) professional. (c) 2024 by GILBERT KINYUA MWANIKI, an engineer, a scientist, a programmer and a psychologist. Mwaniki is an accomplished author of two books: 'An ABCD...for an Assertive African', and 'Building a PSYCHIC PALACE: Provoking Positive Perceptions'. Continue striving to LOCATE your BEARING and you will eventually ACTUALISE your POTENTIAL. Let others be blessed by the TIMELY THERAPY of BEYONDISM (so as to kindle the fire of an African RENAISSANCE), by proposing this MODEL to as many people as you can. "And he said unto them, Go ye into all the world, and preach the gospel to every creature." - Bible, Mark 16:15. For any comment, compliment or complain, SMS: 0720314852 or Email: mwanikikinyua@gmail.com. All rights reserved.